2:Richards E-5 (1930-1934)1939
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ghost is very strong. In the case of a dangerous animal like a leopard or a lion special ceremonies are performed to prevent the return of its spirit. In the old days the killing of an ox, I was told, was accompanied by the words, 'Kampinda (a name for the High God) who gave us this beast, now go out of it. Go and settle in that one', pointing to another animal. I never heard this said, but to this day the Nkolemambwe, the hereditary official responsible for killing most of the beasts slaughtered at the Paramount chief's court in connexion with various rites, describes himself as being 'fierce' (*umukali*) on this account, and as doing specially dangerous work for the community requiring subsequent purification. I have heard a native say that it is bad to kill a dog because its spirit could return. 'White men are cruel the way they shoot sick dogs. It is better to tie them up in the bush and walk quickly away and let them die.' Children are sometimes afraid to kill a chicken. One said, 'It is a frightening thing to watch the breath flutter away'.[1] This attitude towards the killing of domestic animals is interesting in an agricultural people in which the ritual attitude towards cattle has not been formalized in different institutions and religious ceremonies as it has among the pastoral Bantu. It amounts to a reluctance to treat goats and sheep merely as stock to be bred and killed, combined in this case with a lack of scientific knowledge of how to do so.

Conclusion.

To summarize the Bemba views on food it must be admitted that they grade their different victuals according to fairly crude criteria, such as their lasting power, and ease of swallowing. Also habits developed in early infancy have made them used to experiencing particular sensations after eating, such as the feeling of fullness after a meal of *ubwali*. Hence other types of dishes have ceased to seem to them to be 'satisfying'. On the other hand, most of their prejudices appear to be extraordinarily sound in the particular environment in which they live. Their preference for millet flour as against cassava meal is an extremely sensible one as the chart of comparative values of finger millet, cassava, and maize given

[1] *Pakuloleshyo muntu apo umweo uleputuka cakutina.* This fear seems to be combined with a definite desire to watch pain inflicted. Most natives consider it the treat of treats to see a sacrificial animal killed, and I have always noticed that children swarm to watch a goat killed and rather enjoy a long-drawn-out death.